

Phil Harris

freespace

Motivational Interviewing 2 Day Online Course

Trainer: Phil Harris
Date:
Venue: Zoom Online
Max Group Size: 16 people

Trainer's Background: Phil Harris has worked with complex needs for over 28 years as a practitioner, trainer and manager. He has extensive experience across the field frontline substance misuse, homelessness, and mental health services. He has managed teams including family, young people, dual diagnosis & personality disorders and substance misuse. And designed a wide range of services from large scale multi-county treatment systems to specialist programmes for groups with complex needs.

Phil is a visiting lecturer at Bristol University Social Policy Unit, advisor to the US BICEP programme and World Health Organisation in the Balkans region. He has written over 20 scholarly articles on effective practice and has published five books on substance misuse, treatment effectiveness, family and young people with complex needs. Visit www.philharris.online for more information.

About the Course: Motivational interviewing is a leading approach to increase motivation and commitment to change. It was first developed in the alcohol field, but as they had identified that there was no specific addiction psychology, it has been developed in a wide range of areas including social work, offending, mental health and homelessness fields. It has proven particularly effective with stuck or entrenched clients from a wide range of backgrounds.

This course maps the key factors that elicit change and demonstrates how Motivational Interviewing works alongside these forces. Drawing on both person centred and directive techniques, it offers practical skills to assist the workers to help clients articulate and recognise the need for change. As such, it is an effective primer to increase engagement with clients who have not yet achieved a sufficient level of commitment and move them into action without confrontation.

Who is This Course For?: Motivational Interviewing is useful for a wide range of social issues. Its primary focus is on igniting motivation to change, and so it is helpful when clients are

stuck in problems and not advancing in change. As such it is helpful in all change and recovery-based services such as mental health, substance misuse, offending, social work, domestic violence, supported housing, young people's services, family work and more besides.

Course Aims & Objectives: By the end of the course participants will have had opportunities to:

- Support pre-contemplative clients to consider change
- Explore the drivers of motivation
- Describe the influence of the relationship on motivation to change.
- Practice core skills in Motivational Interviewing
- Reduce resistance to change
- Structure and deliver a Motivational interviewing brief intervention

Method of Delivery: The training course is highly interactive, even during presentations. It uses a wide variety of learning approaches including presentations, pairs and small group work exercises and self-assessment. The course is also supported with a comprehensive workbook and free online e-learning and further resources to re-cap, review and refresh learning.

Agenda Day 1

Time	Programme	Activity
9.30	Introduction & Climate Setting	
9.45	Change Stages of change Addressing pre-contemplation	Small & Large group discussion
10.30	Break	
10.40	Drivers of Change Understanding ambivalence Why do clients get stuck?	Small groups
11.30	Break	
11.40	Common Factors Principles of MI Why the relationship matters Spirit of MI	Presentation Video demonstration Interactive challenge Pairs
12.45	Lunch	
1.15	Opinion Forming Reactance Change Talk Sustain Talk	Presentation Group Quiz Skills Practice in Pairs

2.10	Break	
2.20	Reflective Listening Interviewing What is not being said Reflecting emotion	Video demonstration Skills Practice in Pairs
4.00	Close and Evaluation	

Day 2

Time	Programme	Activity
9.30	Recap	
9.45	Discrepancy What is discrepancy? Developing discrepancy	Self-assessment Large group
10.30	Break	
10.40	Resistance Sources of resistance Rolling with resistance	Small groups Video demonstration Small group work
11.30	Break	
11.40	Structuring Sessions OARS Four Stages	Presentation Video demonstration Small group work
12.45	Lunch	
1.15	Engaging and Focusing The client's story What is the problem? Ambivalence	Presentation Skills Practice in Pairs
2.10	Break	
2.20	Evoking DARN Questions Goals Setting Planning	Skills Practice in Pairs
4.00	Close and Evaluation	